

Student Counselling Office (Zentrale Studienberatung)

Visualisation: The future of my dreams

For this exercise, you need a large sheet of paper (the larger the better), coloured pens, about twenty minutes of uninterrupted peace and quiet, and some music you find relaxing.

Settle back comfortably, close your eyes, and imagine being 'beamed' exactly five years into your future.

What is your life like five years from today?

Today's date:

My job and career

- What am I doing?
- Where am I doing it?
- How am I performing?
- Which quality standards do I have?

My personal life

- How are things with my family?
- And what about my other relationships?

Experience

- What experiences have I had, and what knowledge have I gained from them?

What I live by

- What are my priorities in life?
- What do I ultimately want to achieve in and with my life?

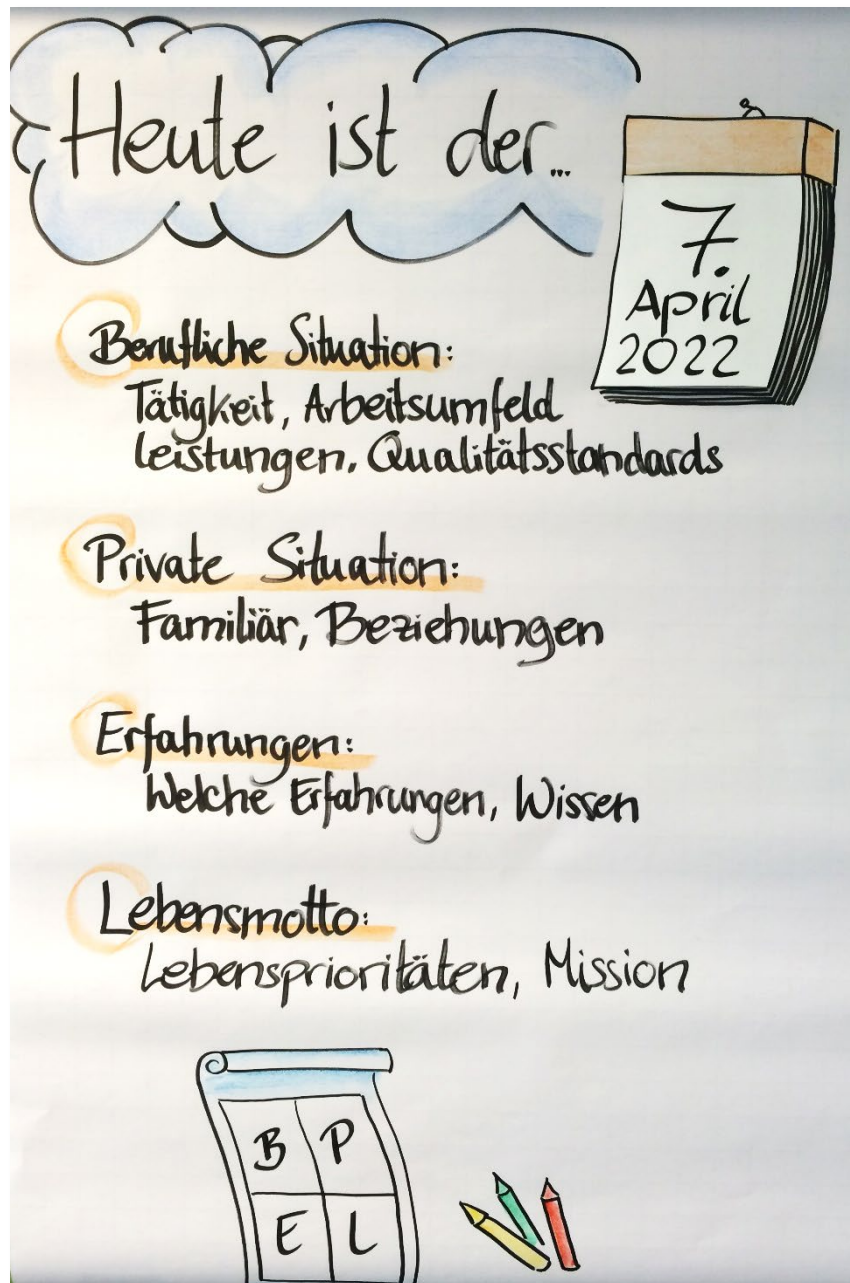
Adapted from *Wenn du es eilig hast, gehe langsam* (Lothar J. Seiwert)

Student Counselling Office (Zentrale Studienberatung), HAW Hamburg, Stiftstraße 69, 20099 Hamburg

We're here to answer all of your questions about your studies – by email, by phone or in person. You can find up-to-date contact information and office hours at bit.ly/HAW-ZSB.

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